



Journal of Nursing

Revista de Enfermagem

UFPE On Line

ISSN: 1981-8963

NOTE PREVIEW ARTICLE

APPROACH OF THE CHILDBIRTH PROCESS IN THE PRENATAL CONSULTATION: WHAT IS THE ROLE OF THE NURSING PROFESSIONAL?

ABORDAGEM DO PROCESSO PARTURITIVO NA CONSULTA PRÉ-NATAL: QUAL O PAPEL DO ENFERMEIRO?

ENFOQUE DEL PROCESO DE PARTO EN LA CONSULTA PRENATAL: ¿CUÁL ES EL PAPEL DEL PROFESIONAL DE ENFERMERÍA ?

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ABSTRACT

Objective: to understand the role of the nursing professional of the FHS in approaching the childbirth process during the antenatal care. **Method:** this is a descriptive research with a qualitative approach. The population will include the nurses working in the FHS of the urban area of the municipality of Caicó/RN. The achievement of data will be conducted through systematic observation and semi-structured interview. The collected data will be transcribed in their full versions and analyzed by the technique of Thematic Analysis. The research project was approved by the Research Ethics Committee, under the CAAE 17902413.2.0000.5294. **Expected results:** to identify the challenges that nurses of the FHS of Caicó are facing during the antenatal when approaching the childbirth process, indicate possible strategies that might boost the guidelines of these professionals and define some criteria that will facilitate the approach of this theme during the antenatal period. **Descriptors:** Nursing; Childbirth; Family Health Program; Antenatal.

RESUMO

Objetivo: compreender o papel do enfermeiro da Estratégia Saúde da Família (ESF) na abordagem ao processo parturitivo durante a assistência pré-natal. **Método:** pesquisa do tipo descritiva com abordagem qualitativa. A população compreenderá os enfermeiros atuantes na ESF da zona urbana do município de Caicó/RN. A obtenção dos dados será por meio de observação sistemática e entrevista semiestruturada. Os dados coletados serão transcritos na íntegra e analisados pela técnica da Análise Temática. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, sob o CAAE 17902413.2.0000.5294. **Resultados esperados:** identificar os desafios que os enfermeiros da ESF de Caicó estão enfrentando durante o pré-natal ao abordar o processo parturitivo, apontar possíveis estratégias que poderão dinamizar as orientações destes profissionais e definir alguns critérios que facilitarão a abordagem dessa temática durante o pré-natal. **Descritores:** Enfermagem; Parto; Programa Saúde da Família; Pré-Natal.

RESUMEN

Objetivo: comprender el papel del profesional de enfermería de la Estrategia Salud de la Familia (ESF) en el enfoque del proceso de parto durante la asistencia prenatal. **Método:** investigación descriptiva con enfoque cualitativo. La población estará integrada por los enfermeros que trabajan en la área urbana del ayuntamiento de Caicó/RN. La recolección de datos se desarrollará a través de observación sistemática y entrevista semi-estructurada. Los datos recogidos serán transcritos íntegramente y analizados por la técnica de Análisis Temático. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación, bajo el CAAE 17902413.2.0000.5294. **Resultados esperados:** identificar los desafíos que los enfermeros de la ESF de Caicó están enfrentando durante el período de prenatal al abordar el proceso de parto, señalar las posibles estrategias que podrán dinamizar las orientaciones de estos profesionales y definir algunos criterios que facilitarán el enfoque de esta temática durante el prenatal. **Descriptores:** Enfermería; Parto; Programa de Salud de la Familia; Prenatal.

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INTRODUCTION

The childbirth process is a biopsychosocial event, since, in addition to generating physiological changes, entails physical, psychological, emotional and social in the life of the parturient woman and its family members. For this purpose, it becomes necessary that the approaches of this process take place in advance in relation to the moment of delivery, being that the prenatal consultation is a privileged moment and the nursing professional of the Family Health Strategy (FHS) is a co-participant in this context, thereby emerging the investigative need to know what is its role in this perspective.

Childbirth is considered a watershed in the life of a woman, fraught with meanings constructed and reconstructed from the uniqueness and culture of the parturient woman that transforms [her] daily life.^{1:871}

Characterized as an exclusively feminine event and natural in its essence, the childbirth is the expected moment in which the woman, issued to her nature, receives the conceived being.² Concerning this matter, the decision of the pregnant woman in her experience of childbirth is essential so that the delivery might be physiological, because, when understanding the childbirth process in advance, she might be the protagonist of this experience with more autonomy. Furthermore, it also runs through the need of professionals in relation to understand that this experience not only passes through the knowledge of the scientific evidence, but also must take into account the risk classification - without which it is difficult to determine the correct time of the intervention.³ In the meantime, it is necessary that every pregnant woman knows that the most appropriate type of delivery is the one that considers the conditions of her pregnancy, as well as the one that better meets the needs of her baby and that prevent possible complications for mother and child.

Then, one should realize the importance of accessing the FHS and the prenatal care, which allow the pregnant women and their babies to achieve a higher probability of survival.⁴ Besides the adherence of the pregnant woman to this consultation, since this is a time to remove doubts and also keep her well informed about the childbirth process. Additionally, the prenatal care must be organized to meet and/or soothe the needs of this population, through the use of existing technical and scientific knowledge and the most appropriate available means and resources for each case.⁵

It is known that the nursing professional plays a key role during the prenatal care and has theoretical and scientific benchmark and legal support to provide prenatal care in cases of low risk; thus, one expects the follow-up and care to the population of pregnant women.⁶ Under this perspective, an instrument of relevant magnitude that the nursing professional should use it is the nursing consultation, since it has the purpose of ensuring the extension of coverage and improving the prenatal quality, mainly through the introduction of preventive and promotional actions in this context.⁷

It should be emphasized the importance of this scientific research, whose aim is to identify the way in which nurses of the Family Health Strategy of the municipality of Caicó/RN are acting during the prenatal care so that the pregnant women can acquire knowledge and share, with their family members and other pregnant women, appropriate conducts about the experience of the childbirth process. The care might contribute both to the pregnancy itself and to the preparation regarding the experience of childbirth and puerperium in more favorable conditions for growth and development for the child, in addition to clarifying the pregnant woman about the possible health problems or doubts and anguishes that permeate this process.

By contributing to the improvement of health actions and to the development of strategies that qualify nursing care in approaching the childbirth process during the prenatal care, in addition to promoting a reflection about the actions targeted to the women's health in the studied reality, this study has the following objective:

- To understand the role of the nursing professional of the FHS in approaching the childbirth process during the prenatal care.

METHOD

This is a research project PIBIC/UERN (validity 2013-2014), linked to the Research Group << The nursing in the individual/collective health-disease process, in health education and in the care/management of health services >>.

This is a descriptive research with a qualitative approach, where "the descriptive researches have the aim at describing the characteristics of a given population".^{8:27} In qualitative approach, the participants are purposefully selected by the experiences related to the phenomenon of interest, where one deals with the universe of meanings, motives of aspirations, beliefs, values and attitudes, by answering very specific questions

and engaging itself in social sciences with a level of reality that cannot or should not be quantified.⁹

The scenario chosen for the development of this research encompasses the Basic Family Health Units (BFHU) inserted in the municipality of Caicó/RN, accounting for a total of 18 teams.

The population will include the nurses working in the Family Health Strategy (FHS) of the urban area, which constitute the permanent body of workers of this city. The established inclusion criterion was the minimum work experience in the team/territory of three months, given the renewal of the body of workers after the accomplishment of the recent public tender; as well as being part of the FHS of the urban area of the municipality at stake. The exclusion criteria will be: nurses on vacation or sick leave during the period of data collection, as well as those who, during the research, present some type of dissatisfaction or a complication of physical or emotional nature that prevent them participate in the research.

The instruments used to obtain the data correspond to a semi-structured interview and systematic observation. The interview is classified as semi-structured when it combines open and closed questions, where the interviewed has the possibility of discussing about the theme at stake without attaching itself to the formulated question.⁹ The interview is composed of four parts: I- Characterization of the Subject; II- Professional Training; III- Professional Practice and Childbirth Process; IV- Open Questions.

In systematic observation, "the observer knows what he seeks and what lacks importance in a given situation; must be objective, recognize mistakes and eliminate their influence on what he sees or collects."^{10:176}

The observed information will be recorded on a field diary, which corresponds to a guiding script of observation. It is constituted as the main instrument of observation work. One will write on this diary all information that is not part of the formal material of interview in its several modalities and should be used by the researcher when performing the qualitative analysis.⁹

The systematic observation will take place on the days of accomplishment of the prenatal consultation of the nurse according to a previous schedule organized by the professionals of the FHS. Previous to the observation, the permission of the pregnant user to the follow-up of the consultation will be requested to the nurse responsible. If the entry of collaborative student to follow this

procedure is not allowed, the systematic observation will not be performed; as for the semi-structured interview, this will take place in a closed room, in the premises of the BFHU in the territory to which the professional is linked. The day/time will be scheduled, according to the availability of the research participants, through a previous contact. The answers of the interview (part IV) will be recorded on digital audio (MP4 Device) and the observations will be recorded on a notebook and, subsequently, transcribed in their full versions, after reading and signature of the Free and Informed Consent Form (FICF) by the participant of the study.

This research will make use of contributions of the Thematic Analysis in the construction of the results "as the name itself indicates, the central concept is the theme. This includes a set of relationships and might be graphically presented by means of a word, a phrase, a summary".^{9:86}

The treatment and analysis of data will be processed in line with the specifications corresponding to each step of the interview and the performed observation. Regarding the interviews, the parts I, II and III will be worked in the software Microsoft Word or in the software Microsoft Excel, visualized by means of tables and/or charts. The part IV and the observations transcribed in Microsoft Word will be subjected to a fluctuating and exhaustive reading, in order to identify similar and approximated categories, and discussed according to the relevant bibliographic reference.

The data collected in the interviews and in the observations will be transcribed and recorded on CD ROM and, after analyzed, will be archived in the Nursing Department from the UERN, Campus of Caicó/RN, for a period of five years, being under the responsibility of the researcher responsible for this research.

The ethical implications of the study refers to the confidentiality during the data collection and to the anonymity of the participants in the presentation of results, thereby following the guidelines of the Resolution 196/96 of the National Health Council¹¹, which regulates researches involving human beings. The research project was approved by the Research Ethics Committee (REC/UERN) on September 10th, 2013, under the case number 17902413.2.0000.5294.

EXPECTED RESULTS

To identify the challenges that nurses of the Family Health Strategy of Caicó are facing during the prenatal when approaching the childbirth process, indicate possible strategies

that might be implemented to boost the guidelines about this moment during the daily practice of these professionals and define some criteria that will facilitate the approach of this theme during the prenatal period, in order to reduce the anguishes and fears of pregnant women in the experience of this moment, thereby allowing to contribute to reflections and daily practices of the nursing professional who is part of the studied reality.

ACKNOWLEDGEMENTS

Thanks to the Scientific Initiation Program-PIBIC from the University of the State of Rio Grande do Norte/UERN.

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Submission: 2014/03/03

Accepted: 2014/03/17

Publishing: 2014/05/01

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